How to improve the health & vitality of body and nerves

Dedicated to all health seekers

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Diagram of the nervous system

Sparkling with Health and Vitality

free from all depressing complaints—would you not like to feel like that? And you can! For unless you are suffering from some organic disease there is absolutely no reason why you should not enjoy vigorous health, why you should not look and feel so strong and happy again that your friends will remark, "How well you look!".

This little book will tell you how thousands of people faced with the same worries and troubles as you have regained their former health and strength in an easy, natural way. So why let another single day go by with your nerves depressed and your vitality lowered? Look through these pages and see how easily you could improve your health of body and vitality of mind.

Something has failed

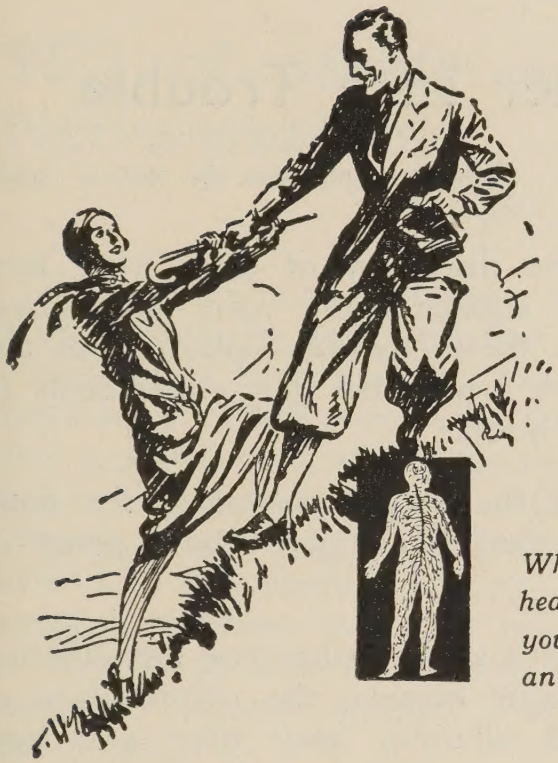
It is not that *your* body is less well equipped than the body of a healthier and happier person. It is simply that something in your body has failed. You feel less "alive". A sort of sluggish tiredness spoils your whole day, and you feel irritable. Not so very long ago your health was splendid. Why is it no longer what it used to be?

Whatever your symptoms, of one thing you may be sure—they are nearly always due to one cause; make no mistake about that. Just as a yacht sailing at sea, a tree bending, leaves flying, a hat bowling merrily down the street are all due to the common cause—the wind, so are nearly all minor complaints due to a single failing in our bodies—nerve weakness. Nervousness, insomnia, irritability, indigestion, stomach troubles —such symptoms are unlike each other just as the brothers and sisters of the same parents are often strangely dissimilar.

Something is missing from our bodies, something which, if infused into our weakened nerves, would give them back their former strength.

We cannot take a nerve out of the human body and feed it, but a method was found of ascertaining what nerves use for their "electrical" power. Tests on animals and on human beings showed that immediately after heavy nerve or mental exertion enormously increased quantities of phosphorus left the body.

Organic phosphorus, then, was apparently the element that gave the sparkle to human life, and many tests afterwards confirmed this.



Why not enjoy vigorous health? You can regain your former health in an easy, natural way.

But not only is organic phosphorus the special element needed by the cells of the nerves ; it is also of vital importance to all the other cells of the body.

With phosphorus alone, however, the problem of health cannot be solved. Ignition alone does not start a car's engine. There must be petrol. And this petrol of life is without any doubt albumin, the raw material of all the body cells, the life-giving element of the blood.

Organic phosphorus and albumin ! The value of these two substances is clearly indicated by those two famous medical truths :

" *Without albumin no life.*"
" *Without phosphorus no thought.*"

To conquer such Trouble

Sanatogen improves the state of health

Even after the discovery of these vital facts it took medical science many years to discover how to combine these elements—phosphorus and albumin—in such a way that they could easily be absorbed by the body.

When at last the way was found, the combination was called Sanatogen—the "giver of health".

For—as we have seen—unless you are suffering from some organic disease, the combination of phosphorus and albumin *must* give you new sparkle, new vitality, and new strength; it must give you back health.

All this was theory—thirty years ago. Now, having been confirmed by countless thousands, it is no longer theory; it has become a fact. Beyond all doubt Sanatogen increases the health of your body. It is a fact proved and vouched for by over 24,000 physicians who have tested Sanatogen in clinics and laboratories and in private practice, and who have watched the results.

What is more, these physicians not only agree that Sanatogen must do good; they also agree that it cannot possibly do harm, because it is a natural product, a food which is all strength, and which in every grain contains health and health only.

95% of people suffer from Nerve-weakness

Feed your nerves with Sanatogen

It does not occur to many people who lead a comparatively quiet life that their nerves are constantly at work and that those nerves may be weakening. Hard work is a strain to the nerves, and so, of course, is any family trouble or difficulties among one's friends. Add to this the ever-sensational news in the papers, the nerve-strain caused by the cinema, dancing, street traffic, and noise everywhere—and you will understand why a nerve-food like Sanatogen, which gives the necessary reserve strength, will benefit nearly every one.

In many cases a slight irritability is the first sign. We are annoyed by small set-backs, which in the full possession of nerve-health we should either not notice or bear with a smile. Difficulties which in reality scarcely exist seem to loom up largely. In this weakened state of nerves one feels at fault with the world and is often inclined to be self-reproachable. Typical of this state of mind is the fixed idea that nothing can be done about it, that one " is like that ", and a slight complaint is allowed to develop serious symptoms.

Shyness and restlessness, easily induced fatigue, distaste for work, difficulty in concentration, lack of appetite, disturbed sleep, loss of weight, all these may be signals that something is wrong with the nervous system. The fact that accustomed

noises, which others hardly notice, annoy us, is a sign that should not be overlooked. When we speak of " nervous " headache we are beginning to understand the real trouble.

But do we act on this lead ? Do we take those easy measures which will repair the slight damage done ? Most of us do not; most of us just jog along, not realizing that these slight complaints are really the first signs of danger, thinking that " things will mend themselves ". Some of us turn to stimulants—to alcohol—to whip up our starved nerves. That, of course, means getting deeper into the mire, for after an artificial and short-lived improvement the reaction makes us worse than before.

No, we must feed our nerves, strengthen them —with Sanatogen. We must give them a reserve of strength, so that they will be able to withstand the demands made upon them by our work or troubles.

Just try Sanatogen in your own case. After a few days you will feel that your body asks for Sanatogen, and that, as a Sanatogen user put it so well :

> " *The starved nerves take up Sanatogen as the parched earth takes up the water.*"

And the beneficial influence of Sanatogen on your whole health will prove to you that it is the nerves that are the generators of those conditions, which we call " vitality " and " energy ". Not only will you feel better, you will look better and you will be much happier.

The beneficial influence of Sanatogen on

Nervousness Weakness Loss of Appetite and Insomnia

Observed in a Hospital for Ex-Soldiers

It was ten years after the War—in 1928—that a hospital for ex-soldiers decided to treat fifty of its in-patients with Sanatogen. A more exacting trial can hardly be imagined. All these ex-soldiers suffered in varying degrees from shell-shock, and ten years of careful treatment had given little or no result. If a few of them improved even slightly under the Sanatogen treatment it would have been very gratifying.

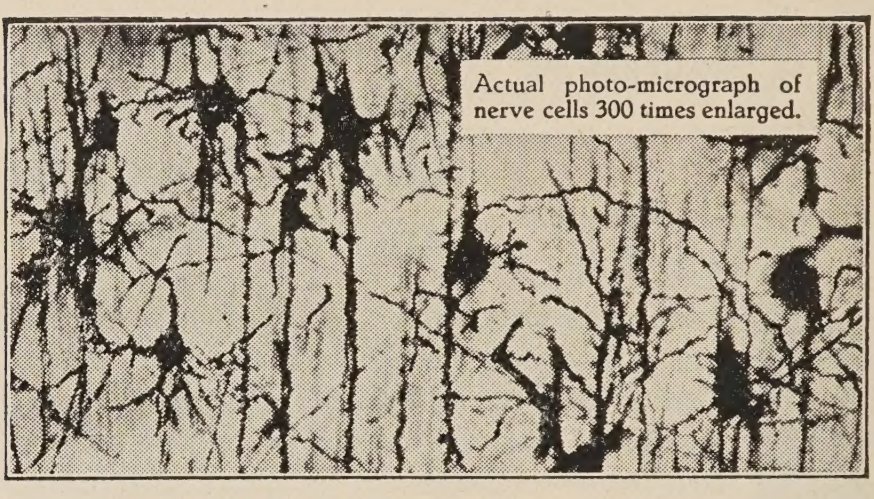
Instead, the physician in charge found that in nearly all these patients the insomnia—the most difficult symptom in shell-shock cases—was overcome, and that, after only a month, in forty-seven out of the fifty cases, a notable improvement in general health had set in.

Moreover, after a few weeks' use of Sanatogen ten of these hopeless wrecks could be discharged from hospital—fit for work!

These results induced the physician in charge to write:

> "The results obtained proved beyond all expectations the high value of Sanatogen in cases of neurasthenia."

The physician, who had started the whole experiment with rather a sceptical attitude—had not everything been tried in those years?—would not now hear of leaving off the Sanatogen treatment in the remaining three cases, and eventually succeeded in getting some slight improvement also in these.



What that experiment means to your health is clear. As Sanatogen succeeded in these hopeless cases in overcoming sleeplessness, in toning up the system, and in improving the appetite, how much more certainly and quickly will it be able to do it in *your* case!

Besides, there is nothing supernatural in this action of Sanatogen. Just read (on page 20) the report the above-mentioned physician made and note especially the last sentence of that report:

> " . . . as it is the best possible medium for conveying organic phosphorus and albumin to the tissues."

That is all Sanatogen does, but that is all that is needed. By restoring organic phosphorus and albumin you help nature, you restore to your whole body its natural reserves, you give yourself strength and health, vitality and energy.

"I am putting faith in it."

The results in neurasthenia

Of course, in a short book like this only a few isolated instances can be quoted, and the most that is possible is to show that Sanatogen, by restoring the health-giving elements, *must* do you good.

The fact that over 24,000 physicians have taken the trouble to write to the makers of Sanatogen and to tell them about the splendid results they have obtained with Sanatogen is tremendously significant. Think of it, 24,000!

Every one of them tried Sanatogen out on himself or on his patients; many even tested Sanatogen in their laboratories. And always the verdict was—"Sanatogen does what it promises to do".

We may take it then as an established fact that Sanatogen will improve your health. How quickly this action will be noticeable is another question that depends entirely upon the individual circumstances. In some cases the action is almost immediate; in others it will take days, weeks, yes, even months! A system which has suffered for years cannot be rebuilt in a few weeks. We quote here one of the many thousands of letters received by the makers, a letter from a man who had used Sanatogen for five weeks:

"I have had neurasthenic symptoms for ten years, and it is for that reason that I wish to give Sanatogen a fair trial. I have been using it now for five weeks, and although I cannot expect miracles to happen, I cannot say that I have derived the benefit for which I had hoped, the

"Sanatogen has instilled new life into me."

two prevailing symptoms in my condition, namely depression and 'nerves', still being manifest. I am, however, trying Sanatogen as a last resource, and I am putting faith in it."

Five weeks and little or no result. The whole spirit of the letter is one of hopelessness. Will the last resource fail him? But he understood that in this case a fair trial would have to last longer even than five weeks. A body weakened by neurasthenia during so many years cannot be strengthened so quickly. He kept faith in Sanatogen and went on using it.

Two months later a second letter arrived from the same man:

"Three months ago I started taking Sanatogen on the advice of my doctor, after trying some useless nerve-preparations. If ever a person was a sceptic, that person was I, and for the first four weeks of taking Sanatogen I did not believe in it. My system had been undermined by years of neurotic strain and mental debility, and I could not expect miracles to happen in a few weeks.

"But a miracle did happen, and in a few short weeks I found myself gradually acquiring a new sense of well-being. Depression disappeared; I was overjoyed. Now, after three months of regular treatment of Sanatogen, I am reborn. Sanatogen has instilled new life into me. It is amazing! All neurotic tendencies have gone. It has given me a feeling of self-confidence and vigour. Veritably an ideal brain-food. All I can say is that to Sanatogen I owe my present feeling of joyous health and happiness. Incidentally, I am no longer a sceptic.

"This testimony of mine is sincerely prompted by one who was raised from the black depths of neurasthenic unhappiness to the heights of supreme and healthy freedom, which is the inevitable result of Sanatogen! With a feeling of deep gratitude,

"I am, yours most sincerely, J. M."*

"To the heights of supreme and healthy *freedom* . . ." the inevitable result of Sanatogen!

* Original of this and of all the other letters quoted in this book can be seen at the offices of Genatosan Ltd., Loughborough, Leicestershire.

Troubles of the Stomach and the Intestines

"Astonishing results in indigestion."

"What a treat not to have that beastly 'heavy' indigestion!" wrote an ardent Sanatogenist who had been terribly "below par" a month ago and who had now regained his full health.

"How does Sanatogen act?" he wanted to know.

Dr. Rodari, Professor of Medicine at Zürich University, explained the action of Sanatogen on the stomach in a few words:

> "Sanatogen has a directly favourable influence on the whole nervous system, especially on those nerves on which the glandular action in the digestive organs mainly depends."

Again, in stomach trouble the beneficial influence of Sanatogen is due to its nerve-strengthening action. Add to that the easy digestibility of Sanatogen (it is a scientifically pure food, every grain of which means strength) and you will understand the "why and wherefore" of the action of Sanatogen.

Its results are often astonishing in cases of indigestion, in lack of appetite, and in cases of a weak stomach.

We need not enlarge here on the value of a good appetite and a good digestion to a man or woman. The man or woman with a good digestion seldom complains of ill health, and this quality of Sanatogen alone makes it worth a trial.

Real attractiveness comes from within

" I had an ashen appearance."

Poor blood and a worn-out nervous system dim a man's personality and mar a woman's beauty. So little is needed to recover the elasticity of youth, the sparkle of health — quite simply, the used-up reserves must be replenished, the blood must be enriched.

You have seen that Sanatogen will do that for you— that it will give you new health. By the use of Sanatogen the nerves will be revitalized and the blood will be refreshed and strengthened.

" A flow of new life goes through my veins", wrote an enthusiastic Sanatogen user who had been suffering from anaemia (poor blood) for years and now at last with Sanatogen had recovered new health.

In these days, with indoor work and so many indoor amusements, with the whole nervous strain of daily life, anaemia (poor blood) has become very general. Many thousands of people, however, have got back that freshness of health through Sanatogen.

"When I look in the mirror," another Sanatogen user wrote, "I can hardly believe that I am the same person, as my cheeks are getting a lot of colour back, where before I had an ashen appearance. I may also mention that when I go to bed I never wake till next morning, having a good night's sleep and no disturbing dreams."

For Children

"It seemed like a ray of sunshine."

The sensitive system of the child responds very quickly to Sanatogen. And so many of them need Sanatogen, need it very badly. Parents are apt so often to forget that what to them seems an easy, quiet, and happy life, may for a child mean a constant strain on the nerves. Little happenings over which the grown-up smiles are real dramas to the child. Difficulties at school are a far greater strain to the child than is usually imagined; an illness often weakens the little body for years. If such things are overlooked they may grow worse and the child will never grow up to be a sturdy man or a rosy girl.

A very well-known signal of "nerves" is the lack of appetite in many children. Here, as in all the other cases of weakness of the body or the nerves, Sanatogen will often work wonders. It is a joy to see how the little ones "pick up", how pale, weakly children, after a short course of

Sanatogen, start to develop, and, like wilting plants that are refreshed by a shower, regain the bloom of health and youth. If ever there was abundance of proof for anything then certainly there is for the value of Sanatogen to children.

A school medical officer, who used Sanatogen on seventy-six nervous children, saw improvement in every one of them—in some cases after a few days, in other cases after three or four weeks.

And a British physician, who was attending Health Officer to the New York Milk Committee, which was formed to combat the terrible infant mortality, writes :

"I am positive if I had not persuaded the Committee to include Sanatogen in my prescribed milk formulas I should have failed piteously.

"It seemed like a ray of sunshine when the mortality rate began to fall off and was finally checked and then progress was made. I cannot speak too highly of the action of Sanatogen, and I am positive that many who have now grown up, boys and girls alike, owe it absolutely to the administration of Sanatogen. I shall always prescribe Sanatogen in the practice I am taking up in my own country, England."

And "like a ray of sunshine" Sanatogen has been to thousands of households, where it has restored the appetite of the child, where it has overcome all these symptoms of highly-strung nerves (even bed-wetting is often a result of "nerves"), and of poor blood.

"Much healthier and happier—such a difference in the child." That is the conclusion of every mother who has given her child Sanatogen.

Remember, too, that Sanatogen is absolutely harmless. It is a food (not a drug), and cannot possibly do harm even to the most delicate child. It *must* do good.

In Convalescence

" It was the making of me."

"Some years ago I had a very bad illness, nearly losing my life. This left me very weak for some years, although I took everything to get strong, but failed. Then I tried Sanatogen and took same for some months, and in my husband's words : 'It was the making of me'. So now I am going to leave you to guess what we think of Sanatogen, and I shall always recommend it to any one wherever I can."

Sanatogen has hundreds of thousands of such lifelong friends . . . and with reason. They know they can always depend upon Sanatogen and they know that every word that is said for Sanatogen is true. Just as surely as they will turn to a physician whenever illness attacks them, so they turn to Sanatogen as soon as the doctor has cured the disease itself. Every teaspoonful of Sanatogen means new strength, added health, and because Sanatogen is a food that is so easily digestible that the very weakest stomach can stand it, it is the ideal strengthening food in convalescence.

The Brain

"My thoughts were nervously chaotic."

The action of Sanatogen is self-evident; it infuses exactly those elements—organic phosphorus and albumin—which are needed by nerves and blood, and it is most easily digestible. Logically from this it follows that Sanatogen acts beneficially on all those complaints of nervousness, weakness, and stomach trouble which we have described.

Up till now the word "brain" has not been mentioned, but it will be clear to every one that the action of the brain and the action of the nerves are mutually dependent.

Therefore, strengthening the nerves means strengthening the brain, and here lies, economically speaking, one of the most important results of Sanatogen. Every man or woman who has to earn his or her own living knows that the earning power depends upon the brain.

With Sanatogen you can improve the action of your brain-cells, and you would be astonished to know how many leading men in business take Sanatogen regularly—year in, year out—to keep their brain-activity in top condition.

Sanatogen clears the mind and gives you confidence in yourself. Concentration is much easier and the memory becomes stronger.

Physicians have proved this, and with intricate psycho-technical tests the improvement in brain activity through the use of Sanatogen has been measured and improvement was found from 20 per cent to 40 per cent, in some cases even up to 60 per cent.

"As fit as a fiddle."

Authors are typical brain-workers, and if you look through this list of authors, who have declared in writing that they take Sanatogen more or less regularly, you will find many of the best-known names :

John Masefield (the Poet Laureate), Sir Gilbert Parker, Sir Hall Caine, Sir Max Pemberton, Dame Sarah Grand, Gilbert Frankau, Cosmo Hamilton, Compton Mackenzie, H. de Vere Stacpoole, Coulson Kernahan, Maxwell Gray, G. B. Stern, Kathlyn Rhodes, Victor Bridges, S. P. B. Mais, Patrick Macgill, Eden Philpotts, E. Philips Oppenheim, J. S. Fletcher, and many others.

They are all of the opinion that Sanatogen helps them, that it prevents undue mental fatigue, and that they certainly would not like to be without it.

As one of them writes :

" My thoughts, which were nervously chaotic a few months ago, are now much more clear and concise. . . . "

Conclusion

Sanatogen has been prescribed for over thirty years by physicians of all countries. Books have been written about its beneficial results. It has been submitted to the most severe tests—some of which took years to finish. And always, always the results obtained convinced the most sceptic scientists.

For you, too, Sanatogen would mean better health, more vitality, freedom from depression and nervousness, stronger nerves.

From the very moment that you start using Sanatogen you will have started to strengthen your body. Within a very short time you will be able to notice its beneficial influence on your own health. You will look better, you will feel better.

Better health, greater happiness may be more nearly within reach than you think.

MEDICAL REPORT ON THE TREATMENT WITH SANATOGEN

of fifty patients at a Hospital for Ex-Soldiers

PRELIMINARY OBSERVATION

The in-patients of this Hospital are ex-soldiers suffering from varying degrees of shell-shock with its sequelae of neurasthenia and nervous debility. The average clinical picture presented by such a patient is that of a man usually pale, drawn, and emaciated, of an anxious, almost frightened expression.

The hands are moist and clammy, the pulse rapid, tongue furred, and there are tremors of the hand and tongue. The knee jerks are exaggerated.

The patient complains of nervousness, weakness, loss of appetite and INSOMNIA. I emphasize the last symptom because it is almost characteristic of the condition. He is frightened of people and traffic, is pessimistic as to his future, and inclined to be ill tempered and aggressive.

DOSAGE

Two teaspoonfuls of Sanatogen were given three times a day made up in the manner suggested by the makers, with cold water for the first two doses . . . the evening dose was in most cases added to the patient's cocoa.

Careful note was made of the patient's weight and condition from the commencement of the treatment and the progress and weight variation in all cases diarised.

CONCLUSION

The results attained proved beyond all expectation the high value of Sanatogen in cases of neurasthenia. Not only was there a general increase in weight (the increases vary from three to seven pounds over a month's treatment), but there was a brightening and toning up of the nervous system accompanied by an increase in appetite and in most cases a loss of the insomnia which is so distressing a feature of the condition. The test proved that Sanatogen is an essential part of the equipment for fighting neurasthenia . . . in so far as it is the best possible medium for conveying organic phosphorus and albumin to the tissues.

M.R.C.S., L.R.C.P.

Testimonials

" . . . *I know it has worked wonders in me.*"

Mr. J. Medcalf, Lytham, Lancs., writes :

" It gives me great pleasure to write to you about the wonderful pick-me-up and keeps-you-up, Sanatogen. Well, I can honestly say that it has done me good in many ways, and the chief ones are the digestive tract and the nervous system.

" I can prove that Sanatogen is all powerful and does as it is described in your circular, and I could swear my life with it to be the steady and sure nerve restorer.

" You never feel tired when taking it, which proves its worth to humanity, and I am certain that if people would join the Sanatogen league they would bless the day when they read those nine letters which spell Sanatogen, the 100 per cent keep-you-up. I could write pages of how I have benefited by it. I know it has worked wonders in me and it will work wonders in others if they will give it a fair trial and not expect a single box to work wonders, and say it has not done me much good. I say it will do you good if you will take it for a full course and not expect a miracle to be worked in a week or month, when a disease has been rooted in the system for years. I myself am an old soldier and went all through the Retreat from Mons and saw some ghastly sights which would make strong men shudder, so I am speaking from experience and know what nerve racking is ; then I served years in India before the War.

" I shall only be too glad to write you any time about Sanatogen, and also write to any one who would like me to do so about Sanatogen, as it has done far more for me than ever I expected."

June 15, 1930.

" *Everlastingly grateful . . .* "

A Sanatogen user at Driffield, E. Yorks., writes :

" I am everlastingly grateful to my medical adviser who three years ago recommended me to take Sanatogen after several weeks' illness due to overwork and nerve strain.

" For the last three years I have relied on Sanatogen, and for periods of six or seven weeks at a time have taken it regularly. I find it excellent, and as soon as I feel run-down and ' nervy ' start a course."

September 12, 1930.

" . . . *I have proved your product to the hilt.*"

Mrs. J. Anderson, Carmyle by Glasgow, writes :

" I have the greatest pleasure in sending you this letter.

A number of weeks ago I would scarcely have been able to pen one, my nerves were in such a terrible state. I have taken four 5s. 9d. tins of Sanatogen which was at first recommended to me by a doctor whom I was attending. He had tried different medicines for my nerves, and at last he said, 'I can do nothing for you, so I would advise you to take Sanatogen'. So I took it and it steadied me up immediately, giving me a cheerier view of things and taking away a convulsive feeling which I had in my left side. I will never take anything else for nerves because I have proved your product to the hilt."

October 9, 1930.

"... *Not only saved our little sonny's life* ..."

A Wesleyan Minister writes:

"... We were dreadfully alarmed, and the sad part was that the doctor said he could do no more for him.

"We were then stationed in Bradford. When our doctor returned home he found a little sample tin of Sanatogen. He sent it straight up to the Manse with the words, 'Try this'. My wife began to give a quarter teaspoonful in milk. We were astonished, for after the first dose my wife noticed his eyes brightened. Before the tin was finished he became his old bright self again and was soon playing with his sister.

"Sanatogen not only saved our little sonny's life, but healed, strengthened, and helped him to throw off his weakness and to become a man among men.

"We cannot speak too highly of Sanatogen and have recommended it to very many ailing people. This is a plain, unvarnished account confirmed by my wife, which you can use as you wish, names may be given in private, not published, and any one can be referred to us."

July 4, 1930.

"*Old, but feeling young.*"

Mr. Charles Purser, Great Bridge, writes:

"I feel sure you will be gratified to learn of the satisfactory results I obtained from the regular use of Sanatogen for my infirmity.

"I find that
one dose a day
keeps the doctor away.

Others are beginning to notice a great improvement in my condition and they compliment me upon it. They tell me that a year ago I looked seventy-six years old, but now, thanks to your Sanatogen, I look seventy-seven years young."

April 12, 1930.

"*I cannot speak too highly of Sanatogen.*"

Mrs. B. L., Wigan, Lancs., writes :

"I have taken two 5s. 9d. tins and I am now on the larger size, 10s. 9d., and really I cannot speak too highly of the wonderful amount of good Sanatogen has done for me. It is really wonderful ; for weeks I had been unable to sleep at night, but after a week's trial I felt much better and never awoke until morning. I was also troubled with dreadful dreams, and I couldn't keep a limb still, but now my nerves are quite steady, thanks to Sanatogen. I have reduced the dose now, I only take it once a day, but I shall never be without it."

April 22, 1930.

"*A course of Sanatogen has literally worked wonders.*"

Mr. W. W. Taylor, B.Sc., A.I.C., writes :

"At Christmas last year I had a bad motor accident which required four months before I was normally fit again. Then, on starting work again, probably I put too much pressure on myself and got badly run down and the vitality of the nervous system became very much lowered. Your booklet showed me immediately what was wrong, and a course of Sanatogen twice daily for two weeks has literally worked wonders. I have now regained normal cheerfulness and buoyancy and can do a tremendous amount of work without undue fatigue. Your Sanatogen is truly excellent."

July 2, 1930.

"*Much brighter and better in every way.*"

Mrs. H. M. Moulder, Wimbledon, S.W. 20, writes :

"I am pleased to tell you that my daughter has derived great benefit from Sanatogen. She is suffering from severe nerve trouble and anaemia, which caused disfiguring spots on her face. She is now on the third (largest size) tin, the spots have faded away, and, best of all, she is sleeping well, and is so much brighter and better in every way. This is such a splendid result, for she has been ill for nearly two years."

May 5, 1930.

"*Sanatogen pulled me through.*"

Mr. Allan O. Martin, Barnsley, writes :

"I have been using Sanatogen regularly now for the last four months and it has aided me considerably. In fact, I expect I would be a nervous wreck now but for it. I am at the University, and the strain of the examinations—I have been getting them regularly with about three days interval between them—was getting

too much for me. Sanatogen pulled me through."

June 9, 1930.

"*Power of concentration completely returned.*"

Miss L. Cooper, Plumstead, S.E. 18, writes:

"I have much pleasure in stating that I am feeling greatly improved and that my power of concentration has completely returned. I still continue the use of Sanatogen twice daily and shall go on with it. Everybody thinks I have had a marvellous recovery from my breakdown in August last, and this recovery is entirely due to the regular use of Sanatogen. I cannot say how grateful I am that I took the advice of people and tried your wonderful preparation. I have recommended it to three members of our teaching staff and they are feeling the great benefit of Sanatogen. This weak testimonial does not express adequately all that I would say in praise of Sanatogen, but I must leave you to imagine all that I would fain say."

May 17, 1930.

"*As fit as a fiddle.*"

Mr. J. H. Ray, Seven Kings, Essex, writes:

"I feel it is my duty to write to you expressing my appreciation of your wonderful nerve tonic, Sanatogen, to which I owe my present good health.

"I have just recovered from a severe nervous breakdown which left me a shadow of my former self and unable to concentrate my mind on business.

"A friend suggested Sanatogen, and after the first box there was a great improvement. I continued taking your wonderful tonic, and to-day I am as fit as a fiddle, both mentally and physically, for which I thank Sanatogen only.

"I shall most certainly recommend it upon every possible occasion.

"I have also found it an excellent night-cap, which brings refreshing sleep to me after a tiring day.

"If this letter will help you in any way to broadcast the wonderful value and health-giving powers of Sanatogen I shall be very pleased to submit it."

September 28, 1930.

Genatosan Ltd., Loughborough, Leics.

Sanatogen is sold at all chemists from 2/3 per tin

Ask for the new family size packing at 19/9 containing 2½ times the contents of the 10/9 tin